

## **EXERCISE---EXERCISE--- EXERCISE (NLE11)**

### **Cold and rainy weather expected to hit Indiana**

INDIANAPOLIS – Southern Indiana will be experiencing showers Tuesday afternoon and evening. The temperature will drop into the 40s, with a 70 percent chance of precipitation.

To keep warm and dry, Hoosiers should wear layers of dry clothing, along with any rain wear available.

Chronic hypothermia happens from ongoing exposure to temperatures below 60°F. People most at risk for hypothermia are those that are unprepared for the cold, move slowly and have poor nutrition. Hoosiers are encouraged to check on friends, family and neighbors.

As the body temperature lowers, the person will be less awake and may become disorientated. Because of this, even a mildly hypothermic person might not think to help themselves. Give the person warm, dry clothing or blankets and warm beverages to drink.

For more information, visit: <http://www.bt.cdc.gov/disasters/poweroutage/needtoknow.asp>.

For more information about staying safe during an earthquake, visit [www.GetPrepared.in.gov](http://www.GetPrepared.in.gov).

Follow Indiana on “my social media” at <https://www.nlevnm.com/MSM/StateOfIndianaPublicSafety> to stay informed about this developing situation.

###

**Media Contact:** THE FOLLOWING CONTACT INFORMATION IS NOT FOR DISCLOSURE TO THE PUBLIC: Joint Information Center (JIC) 317.238.1784, [JIC@JIC.in](mailto:JIC@JIC.in).